



## **Use of Overpronation Controlling Insoles to Prevent Lower Limb Pain (FY02-2016) – FUNDING WITHDRAWN**

*Note: although this project was initially selected to receive HPPI funding, the funding award was withdrawn when implementation issues (as described below) could not be resolved.*

### Impact

The project encountered a prolonged review period with the installation Internal Review Board (IRB). As a result, the project was not implemented under the HPPI Program.

### Description

Overpronation is highly correlated with pain related to running. This project was to test whether use of standard overpronation correcting insoles would prevent onset of lower limb pain among pain-free Soldiers, and reduce pain among Soldiers who already had lower limb pain. After being randomized to use either a shock absorbing insole or an overpronation correcting insole for two months, participants would have kept a one month log of lower limb pain and activities.

### Barriers

The lengthy IRB process was not anticipated and resulted in the project's delay and withdrawal of HPPI funding.

### Innovative Features

Overpronation-related lower limb pain interferes with Soldier performance. Demonstration of a simple preventive and treatment method which requires minimal involvement by medical staff would have been an innovative and significant advance.

### Lesson Learned

- Start the IRB review process as soon as possible.
- If you are doing any kind of non-standard intervention, you need the installation IRB to at least review your intervention to determine if your intervention will need full IRB approval.
- Use feedback from the IRB review process to better design future projects.